



OCTOBER 2022

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Registered Charity 1182307
www.cc-sn.org
info@cc-sn.org



Daniel will be hosting a **Quiz Night** on Friday **25th November**

Join us for a free, fun, social evening. There are also prizes to be won!



Exercise after ICU with Jo Saturday 29th October - 11 am

Jo has put together a special session about exercise post-ICU. She will talk about:

- why it is so important to get moving again
- the type of sessions we offer
- when you should start exercising
- how the group and the trainers work to keep you safe



The session is **open to anyone** – former and current critical care and HDU patients and all relatives.

Contact: info@cc-sn.org to book a free place



Bingo with Stuart

We enjoyed another great Bingo evening with our host Stuart. A great opportunity for us to socialise. Thank you **Stuart**.

Relaxation with Jo

We had another great session with Jo this month, learning a variety of techniques to help us to relax. Thank you **Jo**.



Art with Zoe



We enjoyed our first 2 sessions learning about illuminated letters, colour mixing and adding gold details to our work.



Next Session:
Tuesday 29th November

Unfortunately the Chester Business Club Sponsored Walk has been postponed (again) due to the weather. **Stuart, Phil, Maria, Julie & Mark** will be completing the walk soon (date to be confirmed) and helping to raise vital funds for CC-SN.

There is still time to sponsor them if you would like to using the link.

[Donate to CBC Walk](#)



Miles will be taking up his challenge soon to take **2160 steps up a climbing wall** to reclaim his 2160 hours spent in ICU as part of **Reclaim Our Days**.

There is still time to sponsor Miles if you would like to using the link.

[Donate to Reclaim Our Days](#)

Or you can donate to CC-SN using the link.

[Donate to CC-SN](#)

Looking forward: Annual Raffle

We are beginning to plan ahead for our **Annual Raffle** which will be held before Easter next year and are looking for prizes (suitable to be used around the country). If you have any contacts who may be able to help us out with some prizes or if you have any ideas for companies that we could contact, please get in touch with

Sarah: sarah.teamadmin@cc-sn.org



Every penny really does make the difference to support the work that we do.



Five Minute Fundraisers

(which cost you nothing!)



"No act of kindness, no matter how small, is ever wasted."
~ Aesop

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Easyfundraising partners with over 7,000 brands who will donate part of what you spend to a cause of your choice. It won't cost you any extra. The cost is covered by the brand.

If you make a purchase, a commission is generated, and they turn that into a donation - magic!

[Click here to visit EasyFundraising](#)

smile.amazon.co.uk

All you need to do is visit smile.amazon.com or turn on AmazonSmile within the Amazon shopping app and select 'Critical Care Support Network' as your chosen charity. Each time that you shop via Amazon Smile, CC-SN gets money!

[Click here to visit Amazon Smile](#)

Recycle 4 Charity

If you have used printer cartridges, you can select CCSN (C141149) and we will receive a small donation for each 'wanted' cartridge that you send to them. You can even order a free postage label to send your cartridges to them.

[Click here to visit Recycle4Charity](#)



DID YOU KNOW?

£125 would pay for more **resistance bands** for new members as they join the **exercise group**.

£250 would pay for another **set of Arts & Crafts sessions**, including the necessary supplies for everyone.



£500 would pay for new printed **leaflets** to go to ICU units to tell **critical care patients** about our Group and the **help we offer**.

£1500 would pay for all our **sessions for one month**.



Sessions

Exercise Classes

Exercise Groups:

- Introduction
- Start Up
- The Next Step
- Advanced

Core Control – level 1 and 2
Gentle Yoga



Drop-In Meetings

- Relatives

Tuesday Evenings: 8pm - 9:30pm

- All welcome!

Thursday Evenings: 7:30pm - 9pm

If you would like to join in - to chat or just to listen - please contact info@cc-sn.org and we will send you simple instructions and the link.



We would like your ideas

Please contact us if you have any suggestions for social events or activities that you would like to see in the future.



We would also like more ideas for topics that you would like discussed at the drop-in meetings. If you know of anyone who would like to speak on a topic, please let us know.

Please come along to any sessions you fancy trying - remember **all sessions are free** to our members and their families

GET INVOLVED

Get in touch for more information and log-in details:



info@cc-sn.org



www.cc-sn.org

GET IN TOUCH

